

**Spinal Biomechanical
Therapeutic Maneuvers®**
Wrist and Hand 1



Hand Flex



**Hand
Extension**



Fingers Out



Fingers In

1. Bend one wrist into flexion, use the other hand
2. Hold position at end range of motion for count of 12
3. Repeat step 1 with extension
4. Separate fingers as far as possible
5. Close fingers to each other, squeeze
6. Repeat three times

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Wrist and Hand 2



**Axial Finger
Stretch**

1. Use right hand to pull fingers for traction
2. Use one finger at a time
3. Hold position for count of 12
4. Do each finger
5. Switch hands
6. Repeat three times

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Wrist and Hand 3



**Hand
Traction**

1. Use left hand and right
2. Pull on right fingers with a smooth steady traction motion
3. Hold position for count of 12
4. Switch hands
5. Repeat three times